

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Orange Juice Hot Dog Sliders Baked Beans Coleslaw Cantaloupe and Watermelon Independence Day Lunch	4 No Lunch Served Independence Day Observed 	5 Baked Ziti Casserole Garlic Bread Butternut Squash Caesar Salad Melon Medley	6 Pineapple Juice Pork Chop Brown Rice Sliced Carrots Bean Salad Applesauce	7 Grape Juice Baked Cod w/ Lemon and Herb Seasoning Whole Grain Roll Fresh Sweet Potato Mix Vegetables Mixed Salad Oatmeal Cookie
10 Sliced Turkey w/ Gravy* Whole Grain Roll Mashed Potato Sliced Carrots Spinach Salad Fruit Cocktail	11 Sliced Roast Beef w/ Gravy* Whole Grain Roll Fresh Sweet Potato Asparagus Tips Coleslaw Apple	12 7 Bean Soup Veggie Frittata Garlic Bread Fresh Orange Sugar Cookie	13 Crispy Fish Taco Flour Tortilla Cabbage Chuck Wagon Corn Peaches	14 Orange Chicken Brown Rice Normandy Vegetables Marinated Cucumber Salad Banana
17 Orange Juice Pork Tenderloin French Cut Green Beans Beet Salad Pudding	18 Grape Juice Spinach Quiche Whole Grain Roll Carrot & Raisin Salad Pineapple Tidbits	19 Baked Salmon w/ Mango Salsa Brown Rice Whole Grain Roll Cauliflower Florets Spring Mix w/ Dried Cherries Pears	20 Salisbury Steak w/ Gravy* Whole Grain Roll Garlic Mashed Potato Peas & Carrots Mixed Green Salad Apricots	21 Lentil Soup Tuna Salad Mixed Greens Whole Grain Bread Seasonal Fresh Fruit
24 Chicken Tostada Tortilla Spanish Rice Black Beans* Lettuce/Tomato Mandarin Oranges	25 Pineapple Juice Crispy Fish Baked Butternut Squash Pasta Salad Pears	26 Swedish Meatballs on Whole Wheat Pasta Red Cabbage with Apples Spinach Salad Jello with fruit	27 Orange Juice Turkey Chili Fresh Sweet Potato Green Beans Broccoli Slaw Cornbread BIRTHDAY CAKE	28 Chicken Noodle Soup Vegetable Quiche Whole Grain Roll Kale Salad w/ Cranberries Melon Medley
31 Tilapia Scampi Barley Pilaf Yellow & Green Squash w/ Carrots Coleslaw Pineapple Tidbits	<div> <p>Don't forget to get your tickets for our Western Lunch Special event held on Saturday, July 15 at Joslyn Adult Center. For more information please pick up a flyer or speak to one of our staff at one of our lunch sites.</p> </div>			

☺ Milk Served with every meal ☺

♦Menu Subject to Change Without Notice♦

■ denotes Choice Day

■ denotes Special Day

 city of burbank **PARKS & RECREATION**
 *denotes Low Sodium

Meals delivered between 10:30 a.m. - 1:00 p.m. Cancellations must be made by 3:00 p.m. the previous day.

Recipients must be 60+ and registered with the Home Delivered Meals Program.

For more information please contact:

McCambridge Recreation Center

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